

## Stage: Level 3

1. Jump in from poolside and submerge (min **0.9m** depth).
2. Perform on the back, a head first, sculling action for **5m** in a horizontal position.
3. Push and glide on the front with arms extended and log roll onto the back.
4. Push and glide on the back with arms extended and log roll onto the front.
5. Kick **10m**. (Roll onto side or back to breathe. After breathing roll onto front. Body to remain horizontal).
6. Travel **5m** on the back using back-crawl arm action.
7. Travel **5m** on the front using front-crawl arm action.